



QuickFeet Recreational Soccer League

U8 Youth Soccer

Regulations (Spring 2011)

I – FIELD OF PLAY

A. Dimensions:

Rectangular playing field:

Length = 150 feet (range 120 to 150 feet)

Width = 90 feet (range 60 to 90 feet)

B. Markings:

1. Distinctive lines not more than five (5) inches wide.
2. Field of play divided into two halves by a halfway line.
3. The center mark is indicated at the midpoint of the halfway line.
4. A circle with a radius of fifteen (15) feet is marked around the center mark.
5. Four corner arcs with a two (2) foot radius.
6. Goal area: Nine (9) feet from each goal post and nine (9) feet into the field of play joined by a line drawn parallel with the goal line.
7. Penalty area: none.

C. Goals:

6 x 12 feet

II - THE BALL

Size four (4)

III - NUMBER OF PLAYERS

- A. A match is played by two teams, each consisting of not more than five (5) players.
- B. Game played without a goalkeeper.
- C. Substitutions: At any stoppage and unlimited.
- D. Playing Time: Each player should play a minimum of 50% of the total playing time.
- E. Teams and games are coed.

IV - PLAYERS EQUIPMENT

The basic equipment of a player consists of the following:

- A. Shorts (available from QuickFeet)
- B. Jersey (available from QuickFeet)
- C. Soccer Socks – must completely cover the shin guards (player provided)
- D. Shin-guards – MANDATORY for protective reasons (player provided)
- E. Footwear – tennis shoes (indoors) and soft-cleated soccer shoes (outside) (player provided).

NOTE: For safety reasons, players wearing either baseball or football shoes will need to remove (cut off) the toe cleat prior to participating.

V – REFEREE

- A. Provided by QuickFeet Soccer.
- B. Parents or coaches should not referee.
- C. All rule infractions will be briefly explained to the offending player in a helpful, friendly, and instructive manner.

VI – ASSISTANT REFEREES

None

VII - DURATION OF THE GAME

The game divided into four (4) equal twelve (12) minute quarters.

- A. Two (2) minute break between quarter one (1) and quarter two (2), and another two minute break between quarters three (3) and four (4).
- B. There shall be a half-time break of five (5) minutes between quarters two (2) and three (3).

VIII – START/RESTART OF PLAY

- A. At the start of the game, choice of field ends and kick-off is determined by the flip of a coin.
- B. Opponent must be twelve (12) feet from the center mark while the kick-off is in progress.
- C. Ball must be passed (touched) to another player (no dribbling on kick-off).
- D. Ball may not travel backward on the first touch.

IX - BALL IN AND OUT OF PLAY

The ball is out of play during the following circumstances:

- A. When it has gone completely over the boundary line (on ground or air-born).
- B. When the game has been halted by an official.

The ball is in play at all other times, including:

- A. When it rebounds off a goalpost, crossbar or corner flag post and remains in the field of play.
- B. When it rebounds off the referee when they are on the field of play.

X - METHOD OF SCORING

- A. A goal is scored when the entire ball passes over the goal line.
- B. The ball must cross the goal line between the goal posts and under the crossbar.

XI - OFF-SIDE

None

XII - FOULS AND MISCONDUCT

All fouls shall result in a DIRECT free kick.

- A. The referee must explain **ALL** infractions to the offending player before restarting play. No cards shown for misconduct
- B. The direct free kick is taken from the place where the offence occurred.
- C. Opponents must be twelve (12) feet away before kick is allowed.
- D. Any player who commits one of the following offences shall be penalized by the opposing team being awarded an direct free kick.
 - 1. Kicks or attempts to kick an opponent.
 - 2. Trips or attempts to trip an opponent.
 - 3. Jumps at an opponent.
 - 4. Charges an opponent
 - 5. Strikes or attempts to strike an opponent
 - 6. Pushes an opponent.
 - 7. Tackles an opponent.
 - 8. Holds an opponent.
 - 9. Spits at an opponent.
 - 10. Handles the ball deliberately.

XIII - FREE KICKS

All free kicks are DIRECT. Opponents must be fifteen (15) feet away before kick is allowed.

XIV - PENALTY KICK

None.

XV - THROW-IN

- A. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.
- B. Procedure:
At the moment of delivering the ball, the thrower:
 - faces the field of play
 - has part of each foot either on the touch line or on the ground outside the touch line
 - holds the ball with both hands
 - delivers the ball from behind and over his head
 - delivers the ball from the point where it left the field of play
- C. All opponents must stand no less than six (6) feet from the point at which the throw-in is taken.
- D. The ball is in play when it enters the field of play.
- E. After delivering the ball, the thrower must not touch the ball again until it has touched another player.
- F. An improperly performed throw-in can be retaken once.

XVI - GOAL KICK

- A. A goal kick is taken by a member of the defending team when the ball crosses the goal line outside of the goal when last touched by a member of the attacking team.
- B. The ball is kicked from any point within the goal area by a player of the defending team.
- C. Opponents must remain outside the penalty area until the ball is in play and at least fifteen (15) feet from the ball.
- D. The ball is in play when it is kicked directly out of the penalty area

XVII - CORNER KICK

- A. The attacking team is awarded a kick-in when the ball passes completely over the goal line outside the goal area after last being played by a member of the defending team.
- B. Opponents must be fifteen (15) feet away from the ball.

Additional Youth Soccer Recommendations

- Opposing coaches and players should shake hands after each game.
- Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
- Slide tackling is not allowed in this age group.